

THE CITIZEN

Vol. 35, No. 5

U.S. Army Garrison Stuttgart

March 14, 2006

Stuttgart, Oberammergau and Garmisch, Germany

Helping America's heroes *EUCOM effort supports wounded warriors*



Delinda K. Hood (Panzer Multimedia)

Service members assigned to Headquarters, U.S. European Command, visit with injured service members in Landstuhl Army Medical Clinic. Command Sgt. Maj. Charles Tobin of the EUCOM commandant's office has organized a number of Landstuhl visits to ensure that the wounded warriors who are recovering there know that they have the support of the command and the Stuttgart military community. For more about the EUCOM effort – and how you can help support injured service members – see page 4.

Pages 8 & 9

INSIDE THIS EDITION

Nat'l Nutrition Month: Think before you eat

From reading labels to planning meals, living a nutritious lifestyle means using your head before you open your mouth.



Page 14

Patch High School winter sports wrap-up

With spring practices underway, The Citizen takes a look back at the successes of Patch's 2005-06 winter sports squads.



'The epitome of patriotism' Injured Soldiers continue to serve, inspire

By Col. Randy Pullen
Commentary

It was titled a Patriotic Tour – but perhaps a better name would have been Patriots' Tour.

That's because the tourists were Army Reserve and Army National Guard Soldiers who had demonstrated their patriotism by answering their country's call to duty.

Many had been wounded in combat or otherwise injured while serving in Iraq.

Fifty-five Soldiers from Fort Dix's C Co. (Medical Hold), 1079th Mobilization Readiness Battalion, came from the New Jersey installation to the nation's capital Sept. 22 to tour Arlington National Cemetery, the National Mall and the Pentagon.

"We wanted to get these Soldiers away from Fort Dix for a day and go someplace that many of them had never been to before, to the capital, which also happens to be my hometown," said C Company's top noncommissioned officer, 1st Sgt. James A. Clark.

United in commitment

A quick look at the shoulder patches of the Soldiers showed the far-reaching commitment of the Reserve and Guard to the war.

It also highlighted the daily challenge Clark and his platoon sergeants face in leading such a disparate group – Soldiers whose main commonality, besides the "U.S. Army" on their nametapes, is injury in one form or another.

There were patches from the Army Na-

'This is the hardest and most challenging job I've ever had. We have a motto for what we do: It's simple, but it's not easy.'

Sgt. 1st Class Brian Thomas
1079th Mobilization Readiness Battalion
Company C (Medical Hold)

tional Guard's 28th, 34th and 42nd Infantry Divisions and 27th Infantry Brigade.

Also seen were the Army Reserve's 63rd, 77th, 89th and 99th Regional Readiness Commands. Others from this reserve-component unit still wore patches of the active-Army organizations they had fought with in Iraq, such as the 1st Cavalry Division.

Simple, not easy

Like those they lead, the cadre of the company are also Army Reserve and Army National Guard Soldiers, volunteers from demobilized units who were hand-picked to remain at Fort Dix to take on the tough job of helping their fellow citizen-soldiers deal with the medical issues that they either incurred overseas or that kept them from deploying with their units.

Clark is an Army Reserve Soldier who is president and CEO of an electronics security

A number of Web sites offer ways to help support injured service members. See page 4 for details.

company in civilian life.

Two of the company's eight platoon sergeants are from the National Guard – one is from the Pennsylvania National Guard, and the other one is from the District of Columbia National Guard. The other NCOs are Army Reserve Soldiers.

"This is the hardest and most challenging job I've ever had," said Sgt. 1st Class Brian Thomas, a platoon sergeant originally from the 1067th Transportation Company of the Pennsylvania Army National Guard.

"We have a motto for what we do: It's simple, but it's not easy," Thomas said.

Thomas said that in dealing with all the various issues that the wounded and in-

jured Soldiers had, he found himself using every leadership skill he had and then finding more skills.

"You've got to have compassion, but you've also got to be stern," he said. "You have to keep an eye out for those with emotional distress and you have to understand that everybody is a different case."

Discipline, compassion

Clark also talked about the balance that had to be met between military discipline and compassion.

"The number one rule in the company is you don't miss an appointment," Clark said. "The number two rule is you don't miss a formation." He also said that he reminds the Soldiers that they're there to get their medical problems appropriately treated.

"If you're okay, you don't belong here," Clark tells them.

To Clark, the wounded and injured Soldiers under his charge are like his own children.

"They're my kids," he said. "We treat them with respect and dignity. I tell them that they get the same treatment that I would want my own son to get."

In their visit to the Pentagon, the Soldiers were welcomed by Director of the Army Staff Lt. Gen. James Campbell. He told the wounded warriors how extraordinarily special they were to him for what they do for the country.

"You are citizen-soldiers in the very best meaning of that phrase," he said. "I want to thank you all for your service."

THE CITIZEN

Col. Kenneth G. Juergens
U.S. Army Garrison Stuttgart Commander

Public Affairs Officer

Jennifer Sanders
jennifer.sanders@us.army.mil

Editor

Hugh C. McBride
hugh.mcbride@us.army.mil

Assistant Editors

Melanie Casey
melanie.casey@us.army.mil

Christine Castro
christine.castro@us.army.mil

Reporters

Terri Alejandro
terri.alejandro@us.army.mil

Brandon Beach
brandon.a.beach@us.army.mil

Sue Ferrare
susanne.ferrare@us.army.mil

Contact Information

Office Location: Building 3307-W, Kelley Barracks
U.S. Army Address: Unit 30401, APO AE 09107
German Address: Gebäude 3307-W, Kelley Barracks, Plieningerstrasse, 70567 Stuttgart
Telephone: 421-2046/civ. 0711-729-2046
Fax: 421-2570/civ. 0711-729-2570

This newspaper is an authorized publication for members of the Department of Defense. Contents of The Citizen are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The editorial content of this publication is the responsibility of the U.S. Army Garrison Stuttgart public affairs officer. Private organizations noted in this publication are not part of the Dept. of Defense.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

The Citizen is an offset press publication printed in 6,500 copies every two weeks.

www.stuttgart.army.mil

Uniform violations – much more than mere fashion faux pas

By Master Sgt. Mimi L. Ducane
Commentary

Since my return from the Senior NCO Academy I have to admit I'm a little more sensitive to uniform violations. Now, I seem to notice almost everyone's appearance – and I especially notice those things not in compliance, even the small infractions.

As I've walked around Patch Barracks, Wiesbaden and Ramstein, it is clear that uniform standards have become lax. Now, while I will not venture to guess how or why this happened, I will state emphatically that it's just plain wrong.

All military members learned how to wear their service uniform during initial entry training. Additionally, we all received further dress and appearance guidance when we attended additional leadership development schools.

However, take a close look at many of your fellow service members and you would be tempted to believe they hadn't received any instruction on proper uniform wear.

If personnel are uncertain of how to properly wear the uniform – or what uniform items to wear with which uniform combinations – I strongly suggest they look it up in their service's dress and appearance regulation or instruction.

In addition, I want everyone to remember that, as members of the profession of arms, it is our responsibility to correct uniform violations on the spot, regardless of a member's service affiliation.

Now I know it's often uncomfortable to approach an individual you don't know – or one from another service – but we must do so, despite our reservations.

In the joint environment, one of our missions is to create a cohesive team of multi-service members capable of fighting

We must never forget that we are our nation's ambassadors in uniform – and our appearance speaks volumes about us and our country.

and winning our nation's wars in an integrated manner.

One of the ways we can do this is by taking the time to know and understand the dress and appearance standards of our sister services and take the team approach to addressing violations. After all, it is our responsibility to ensure we and others wear it with pride. We must never forget that we are our nation's ambassadors in uniform – and our appearance speaks volumes about us and our country.

By walking around with our jackets unbuttoned, boots not shined, or failing to wear a hat when outdoors, we send the wrong message to everyone we meet.

We not only influence others around us, but we also send the wrong message to the civilians we often work beside, as well as the local nationals we encounter on a daily basis.

As "first impressions are often lasting impressions," we should make every effort to ensure it is a positive one.

Taking the time to properly wear your uniform, or to correct others when theirs is wrong, will go a long way toward creating the type of positive impression that successful relationships are built upon.

Ducane is the senior enlisted leader for NSA/CSS Europe (NCEUR).

EUCOM effort aids wounded warriors

Landstuhl visits designed to show support, boost morale



photos by Delinda K. Hood (Panzer Multimedia)

[Above] Sgt. 1st Class Susan L. Burch and Sgt. 1st Class Beverly A. Mundo-Junior spend time with a wounded Soldier during a visit to Landstuhl Army Medical Center that was led by Command Sgt. Maj. Charles Tobin of the U.S. European Command Commandant's Office.

[Right] EUCOM's Sgt. 1st Class Roy Bowen helps transport an injured service member during the Feb. 23 visit to Landstuhl.



U.S. Army Garrison Stuttgart Public Affairs Office

A contingent of service members from the U.S. European Command Commandant's Office spent Feb. 23 in Landstuhl Army Medical Center.

Led by Command Sgt. Maj. Charles Tobin, senior enlisted advisor to the EUCOM commandant, the group delivered supplies, assisted medical personnel and helped to ensure that the wounded warriors who are convalescing in Landstuhl know that they have the support of the Stuttgart military community.

Staff Sgt. Joseph Castro of the EUCOM commandant's office said Soldiers from throughout the command's headquarters have made a number of trips to the hospital, and that plans are in the works for additional visits.

In addition to visiting patients, personnel on the Feb. 23 visit also helped introduce a few service members to Landstuhl, as the EUCOM group's arrival coincided with the arrival of two buses carrying wounded troops.

With ten service members – five of whom were in critical condition – needing to receive care as quickly as possible, the EUCOM visitors volunteered to help lift the patients off the buses, place them onto gurneys and get them into the intensive care unit.

– Additional reporting for this story by Delinda K. Hood (Panzer Multimedia).

Online support sites

America Supports You

www.americasupportsyou.mil

- Defense Department Web site dedicated to "spotlighting what Americans are doing in support of the military [and] encouraging others to thank the troops."

Operation Shoebox

www.operationshoebox.org

- Designed "to encourage citizens to support their fighting men and women deployed overseas in these dangerous times."
- Coordinates collections of items and helps get them delivered to deployed troops.

Operation Band Aid

www.noanie.com

- Created by the wife of an Airman, this site provides a number of opportunities to help support wounded troops.
- The site also features links to a wealth of groups that support troops and veterans.

For more about U.S. European Command visit www.eucom.mil.

For more about Landstuhl visit www.landstuhl.healthcare.hqsusaur.army.mil.

CROSSWORD PUZZLE: U.S. EUROPEAN COMMAND

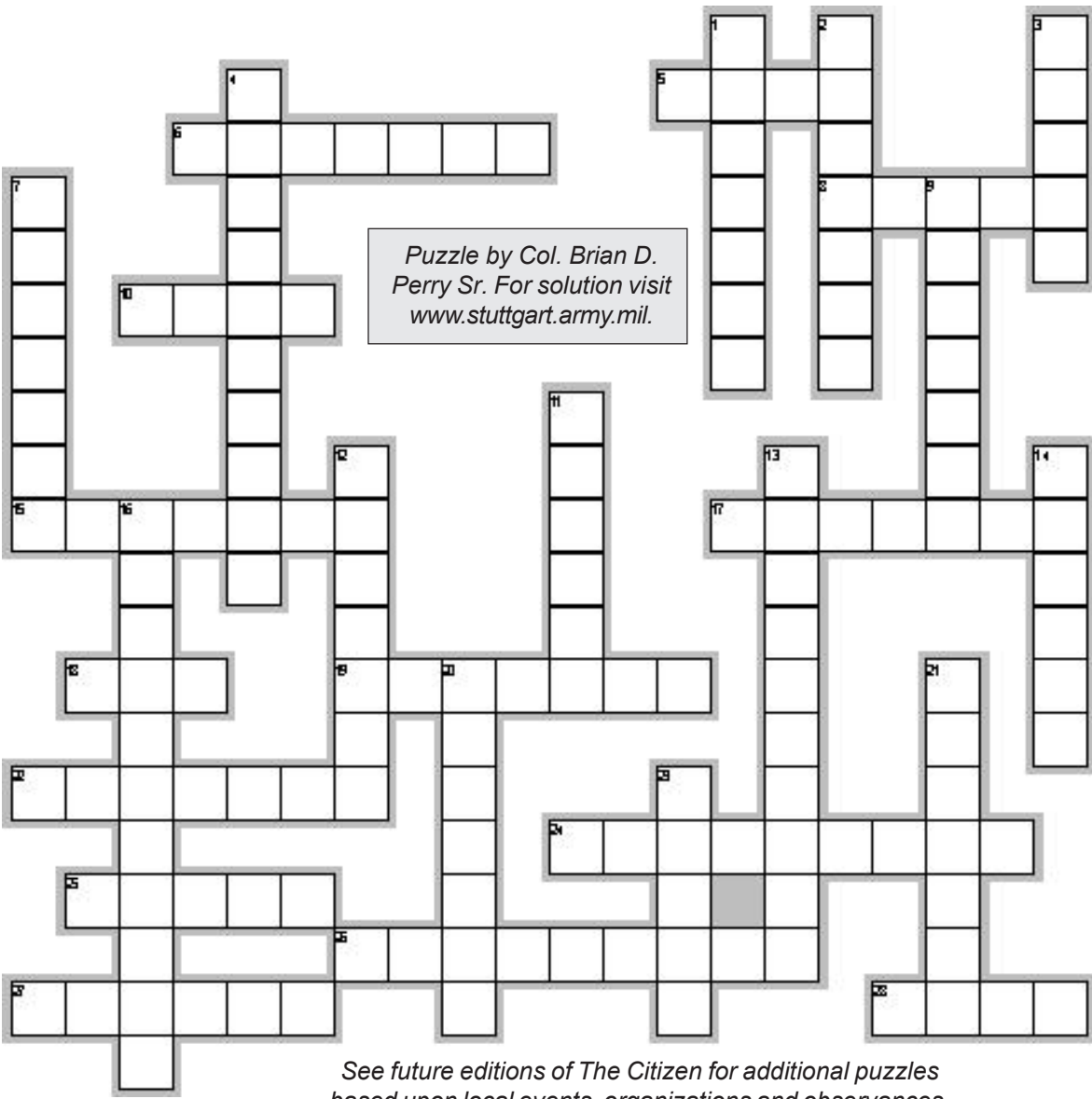
Clues

Across

5. Number of U.S. regional combatant commands
6. Selected IMA-EURO's best newspaper for 2005
8. Name of Joint Task Force that supported NATO-led Stabilization Force (SFOR) operations in Bosnia-Herzegovina, 1998-2004.
10. City in which NATO headquarters is located.
15. Gen. James Jones is ____ Allied Commander, Europe.
17. A large granite ____ is believed to be buried on Patch.
18. Rank of U.S. European Command's Chief of Staff (abbrev.)
19. A full bird.
22. Operation Enduring ____.
24. EUCOM's first headquarters was located here.
25. U.S. Forces, European Theater (abbrev.)
26. A one-star.
27. EUCOM's AOR covers ____ percent of the earth's landmass.
28. Former SACEUR and SECSTATE Alexander.

Down

1. The first commander of U.S. European Command.
2. U.S. ____ Army left Patch Barracks to make way for EUCOM.
3. Color of Operation Fox.
4. The first Supreme Allied Commander, Europe.
7. U.S. action during Berlin Airlift name "Operation ____."
9. DoD "GTEP" program provides training & equipment to formerly Soviet-controlled Republic of ____.
11. 1998 Operation ____ Endeavor was a multinational effort to transfer fuel from an abandoned reactor near Tbilisi.
12. In 2004 responsibility for Syria and Lebanon transferred from EUCOM to ____.
13. Patch was formerly know as ____ Kaserne.
14. The Desert Fox.
16. "____ for Peace" program helps nations meet NATO standards.
20. 2003's JTF ____ provided humanitarian assistance to African nation founded by descendants of U.S. slaves.
21. Also led by a Bush.
23. EUCOM's second headquarters was located here.



Puzzle by Col. Brian D. Perry Sr. For solution visit www.stuttgart.army.mil.

See future editions of The Citizen for additional puzzles based upon local events, organizations and observances.

Spring Fling 5K

PATCH BARRACKS — April 1, 10:30 A.M.

*Help STUTTGART START THE
MONTH OF THE MILITARY CHILD
& CHILD ABUSE PREVENTION MONTH
ON THE RIGHT FOOT WITH THIS
FAMILY-FRIENDLY FUN RUN
IN THE WOODS ADJACENT
TO PATCH BARRACKS.*

Early Registration

- MARCH 20 TO 30 (PATCH FITNESS CENTER)
- \$5 PER PERSON / \$10 PER FAMILY

Late Registration

- MARCH 31 (8:30 A.M. TO 2 P.M.)
- APRIL 1 (9 TO 10 A.M.)
- \$10 PER PERSON / \$20 PER FAMILY

For More Information

- VISIT THE PATCH FITNESS CENTER
- CALL 430-5424/civ. 0711-680-5424

*SEE THE MARCH 28 EDITION OF THE CITIZEN
FOR A PREVIEW OF ALL OF APRIL'S
FAMILY-FOCUSED EVENTS IN STUTTGART & GARMISCH.*



Oberammergau Airman tops international military competition

By Petty Officer Second Class Tyce Velde
Allied Command Transformation
Public Information Office

An Airman assigned to The NATO School in Oberammergau has been named 2005 Allied Command Transformation Military Member of the Year after a weeklong international competition that pitted him against six other service members representing five other allied nations.

Staff Sgt. Christopher Upeslakis emerged from what one judge termed "an extremely tight competition" to take the top honor, which he received during a Feb. 24 ceremony at Headquarters, Supreme Allied Command Transformation, in Norfolk, Va. Upeslakis also received a Joint Service Commendation Medal during the ceremony.

"It was hard to choose a candidate," said U.S. Navy Chief Petty Officer Douglas Halay of the office of SACT Representative to Europe, one of the board members who judged the competition. "It was really close, but when it came down to it [Upeslakis] just kept his poise all week long. His presentation and his answers were very professional. He's an ideal representative for ACT."

'The best of the best'

Upeslakis competed against the following six candidates during the weeklong competition, which included judging by senior enlisted leaders on their professionalism, military bearing, character and social skills:

- Danish Navy Cpl. Søren Boeriis, from STRE in Brussels, Belgium
- German Army Staff Sgt. Martin Bonczek, from the Joint Warfare Centre in Stavanger, Norway
- U.S. Navy Petty Officer First Class Terry Cerami, from Staff Element Europe in Brussels, Belgium
- Belgian Army Master Sgt. August DeCraecker, from the Joint Forces Training Centre in Bydgoszcz, Poland
- Canadian Army Sgt. Todd Grant, from SACT HQ
- Sr. Cpl. David Peixoto, from the Joint Analysis Lessons Learned Centre in Lisbon, Portugal

"The people here before you are what I call the best of the best," said British Royal Navy Adm. Sir Mark Stanhope, Deputy Supreme Allied Commander Transformation. "We have representatives from all branches and nations. It's truly a combined and joint atmosphere."

The noncommissioned officers throughout NATO are of such high caliber, Stanhope said, that anyone selected for the MMOY competition deserves congratulations.

"We haven't had to work hard across ACT to pull out talent," he said. "There's a sea of it out there. It makes me enormously proud to be the deputy commander of this organization."

A unique opportunity

Holding the competition at the headquarters in Virginia allowed the candidates to meet members from the different commands, said U.S. Navy Master Chief Steven Wacker, ACT Command Master Chief.

"This is the first time they've come here," he said. "It allows people who have never come here a chance to visit and see how the headquarters actually works. They get a first-hand view of this command and an opportunity to interact with our staff."



Allied Command Transformation Photo Lab

British Royal Navy Adm. Sir Mark Stanhope, Deputy Supreme Allied Commander Transformation, presents a plaque to U.S. Air Force Staff Sgt. Christopher Upeslakis of The NATO School in Oberammergau in honor of Upeslakis's selection as ACT's Military Member of the Year for 2005.

"[Upeslakis] just kept his poise all week long. His presentation and his answers were very professional. He's an ideal representative for ACT."

Chief Petty Officer Douglas Halay
ACT Military Member of the Year Judge

Though many of the personnel from ACT commands in Portugal, Norway, Germany, Poland and Belgium work together via e-mail and telephone, the competition offered a unique opportunity to meet some of them in person, Cerami said.

"It's nice to put a face to the names we see in e-mail and the people I talk to on the phone," he said. "I work with people in the headquarters often, but it's different to physically be here, and say hello and shake their hand."

Upeslakis said he was stunned by his selection. The competition was so close, he said, that no one knew going into the ceremony who would receive the award.

"It feels very different," he said. "The competition was extremely high. It really could have been any one of us. I didn't expect to win it. It's a good thing, for the NATO School, too, because we haven't been a member of ACT very long, and this puts us on the map."

For more information about Allied Command Transformation visit www.act.nato.int. For more about The NATO School visit www.natoschool-shape.de.

News & Notes

Town Hall meeting

Garmisch's next Town Hall meeting is March 16, 7 p.m., in the Pete Burke Community Center on Artillery Kaserne.

Community staff members will be available to answer questions and provide assistance. All residents are invited.

Youth baseball

• Garmisch youth can register to play baseball through March 24 in the School Age Services building during regular business hours. Registration costs \$30 per player, and regular discounts apply.

• The baseball practice schedule will be announced during a parents meeting March 30, 5 p.m., in the Pete Burke Center.

• Volunteer coaches are still needed for the 2006 season. The first coaches meeting is March 28 in the School Age Services building.

For more information about youth baseball call 440-2599/civ. 08821-750-2599.

Community newsletter

Andrea Winter is now editing the USAG Garmisch Community Newsletter.

To submit information for the newsletter, call 440-3843/civ. 08821-750-3843, e-mail andrea.winter@garmisch.army.mil or visit Winter's office on Artillery Kaserne (building 250) Mondays to Thursdays, 8 a.m. to 4 p.m. or Fridays 8 a.m. to 2 p.m.

Host-nation happenings

• Andrew Lloyd Webber's internationally renowned musical "Cats" is playing in Munich's Deutsches Theater through May 30. For more information visit www.deutsches-theater.de.

• Munich's Haus der Kunst is hosting an exhibition of contemporary art through May 21. For more information visit www.hausderkunst.de.

• The Gärtnerplatz Theater in Munich will stage Otto Nicolai's comic opera "The Merry Wives of Windsor" April 11, 16 and 22; May 26; June 25 and 30; and July 6 and 19. For details visit www.staatstheater-am-gaertnerplatz.de.

Burke Center tours

Join Paul Dutro for the following two adventures in March:

• **Venice/Verona (March 17 to 19)** – From the Piazza San Marcos to the Roman Arena, enjoy the breathtaking sights – and amazing meals – of these two legendary destinations. Cost (including transportation, two guided tours and two overnight stays) is \$199 per person.

• **Water Works (March 25)** – This train trip to one of Munich's great spas is not to be missed – it's almost too much fun for one day.

For details about these and other Burke Center-sponsored adventures call 440-2461/civ. 08821-750-2461.

Tax Assistance on Artillery Kaserne

Building 202 – March 20 to 24 – 9 a.m. to 4 p.m.

Free assistance with federal & state returns (including free e-filing)

For more information or to make an appointment:
DSN 440-3516 / CIV 08821-750-3516



Johannes Wieth of Munich advances his position over Ferene Karsai of Vienna, Austria, during the Feb. 18 Turn-Verein Garmisch Jiu-Jitsu No-Gi tournament.

Garmisch tournament puts competitors' toughness, techniques to the test

Story & photos by Sue Ferrare

Some people may look at a Brazilian Jiu-Jitsu match and see grown men wrestling on the floor, but those who know the sport see a chess match. "These days anyone with an interest in the sport is familiar enough to know that it's more like chess than it is like the WWE," said 1st Lt. Christopher J. Fiorentino of the Ansbach-based 52nd Air Defense Artillery in Ansbach, Germany.

Fiorentino competed in the Turn-Verein Garmisch Jiu-Jitsu No-Gi Open Feb. 18.

Sgt. David Rosenmarkle, a warehouse manager for the George C. Marshall European Center for Security Studies who was introduced to Jiu-Jitsu five years ago while at Fort Stewart, Georgia, put the tournament together.

"I was doing really well [until] they paired me up with this smaller guy," Rosenmarkle said of his first tournament at Fort Stewart. "I only got one punch in and he took me to the ground and completely controlled me. It took less than a minute."

When Rosenmarkle found out that his opponent used Brazilian Jiu-Jitsu, he found a small group to train with and got hooked on the sport. "When I wasn't training, I was thinking about training," he said. "It became a passion [and an] obsession to become better at this."

Shortly after he arrived in Garmisch, Rosenmarkle started teaching a small group in the Mueller Fitness Center on Sheridan Kaserne. One of his students introduced him to Florian Wipfelder who gave him the opportunity to teach at Turn-Verein Garmisch, an off-post gym.

"No one had ever heard of Brazilian Jiu-Jitsu, so they gave me a trial month," he said. "I had to go and spar and give a demonstration. After that month they wanted to continue it, and I've been teaching there ever since."

That teaching has led to three tournaments. The latest drew German competitors as well as Soldiers from various locations in Europe. They all came to see if they could make their opponents tap out, or submit – but as in chess, the players know there's no shame in recognizing a losing position, said 1st Lt. Steven Dukes of the 4th Infantry Regiment, who came to Garmisch from Hohelfels for the meet.

"I would never give up in a fight," Dukes said, "but it did not take long before I learned there was no shame in tapping

We are not violent people by nature. We don't seek out fights in bars just to fight. I believe that we have more self control on the street than most people, because we don't really have anything to prove unless it is on the mat.

Sgt. Pablo N. Piedra
Brazilian Jiu-Jitsu Fighter



Andreas Fischer, standing, defends a triangle choke attempt by Pablo Piedra, a Soldier from Heidelberg, during the TVG Jiu-Jitsu No-Gi tournament Feb. 18 in Garmisch. The brainchild of Sgt. David Rosenmarkle, a Soldier assigned to the George C. Marshall Center, the tournament tested competitors both mentally and physically.

out. I am not the baddest guy on the block. It takes a bigger man to say 'I give' than to allow himself to be choked unconscious because of pride. There is always a person better than you out there, and I feel combatives really brings that to light."

Rosenmarkle agrees and says that because of this, it's a sport in which you never stop learning.

"With Brazilian Jiu-Jitsu there is always room to improve," he said. "I mix it up for my students. For the first three weeks of the month we do Brazilian Jiu-Jitsu, with a gi (a traditional uniform), and the last week and a half we do submission wrestling – without a gi and more liberal with the rules. That way my guys are cross-trained so they can compete in both."

"Submission fighting and Brazilian Jiu-Jitsu often have different rules," he said. "Submission wrestling has been around for thousands of years. Jiu-Jitsu is just another form of it. I like to think that submission wrestling nowadays is a hybrid of many of the grappling arts."

One thing most competitors want people to know about this sport is that it is an art and not a bunch of brutes fighting, Rosenmarkle said.

"We are not violent people by nature," said Sgt. Pablo N. Piedra of U.S. Army Europe Headquarters in Heidelberg, who fought in the Feb. 28 tournament.

"We don't seek out fights at bars just to fight," Piedra said. "I believe that [Brazilian Jiu-Jitsu] fighters have more self control on the street than most people, because we don't really have anything to prove unless it is on the mat."

National Nutrition Month 2006

WIC Overseas makes sense of nutrition gibberish

By Christine Castro

In this health-conscious age where fad diets and weight loss programs have almost become a favorite pastime, words like “fat-free,” “low fat,” “lite” and “diet,” have become very popular among marketing experts of millions of food products.

But what do all those words mean, and are they really what they claim? These questions and many more were addressed by Women, Infants and Children Overseas Registered Dietitian Jody Benitz at a Feb 2 “Label-ology” class. The class was one of several offered throughout March in support of National Nutrition Month 2006. This year’s NNM theme is “Step up to Nutrition and Health.”

In cooperation with the Defense Commissary Agency, Böblingen Community Activity Club and the Patch Fitness Center, the WIC Overseas Office educates community members about nutrition and dietary information with events such as this month’s “Light Lunch Learning Series,” featuring classes like “Meet the Kernel . . . and Other Great Grains,” “Give Peas a Chance” and “Snack Attacks.”

Label-ology: dissecting the food label

During one of the latest of these educational opportunities – “Label-ology” – Benitz helped participants “dissect” the food label so that they can make more informed decisions on what they purchase in the grocery store. “There are 10,000 new products introduced to the market each year,” Benitz said. Each company has to devise new ways to compete against other products to ensure that consumers will continue to buy their product.

The result, she said, is verbiage added to many labels that will make consumers think that their products are healthier than the next.

This does not mean that all product labels are examples of marketing ploys. But it is important to understand all the parts of a food label to make an informed decision.

In support of NNM and DeCA’s campaign “It’s Your Choice, Make it Healthy,” the class equipped attendees with the knowledge to help them understand the different parts of the food label and maximize the health benefits of their choices.

Know the facts to make the right choice

Participants like Simone Blythe learned that even when they think they are being conscientious and read labels, they can still be misled.

“I have three kids and I was very concerned about their sugar [intake]. I learned a lot [in the class] about labels and serving sizes,” Blythe said.

Blythe learned the importance of not just reading the ingredients, she said, but also checking the serving size when comparing labels. Otherwise, results could be skewed, and efforts to make the right choice, futile.

Benitz also explained the importance of comparing all the ingredients – and not just one. For example, she said, some products will take out the fat, as they advertise, but they do not tell you that they added sugar to compensate for the lost flavor.

In addition to the classes offered in March, community members have access to health and nutrition information the entire year through the Overseas WIC Office and the Stuttgart Wellness Center, Benitz said.

For more information call the WIC Office at 430-4608/civ. 0711-430-4608 or the Stuttgart Wellness Center at 430-4073/civ. 0711-680-4073.

You can also visit the following Web sites for more health related info: www.mypyramid.gov, www.eatright.org and www.ific.org.

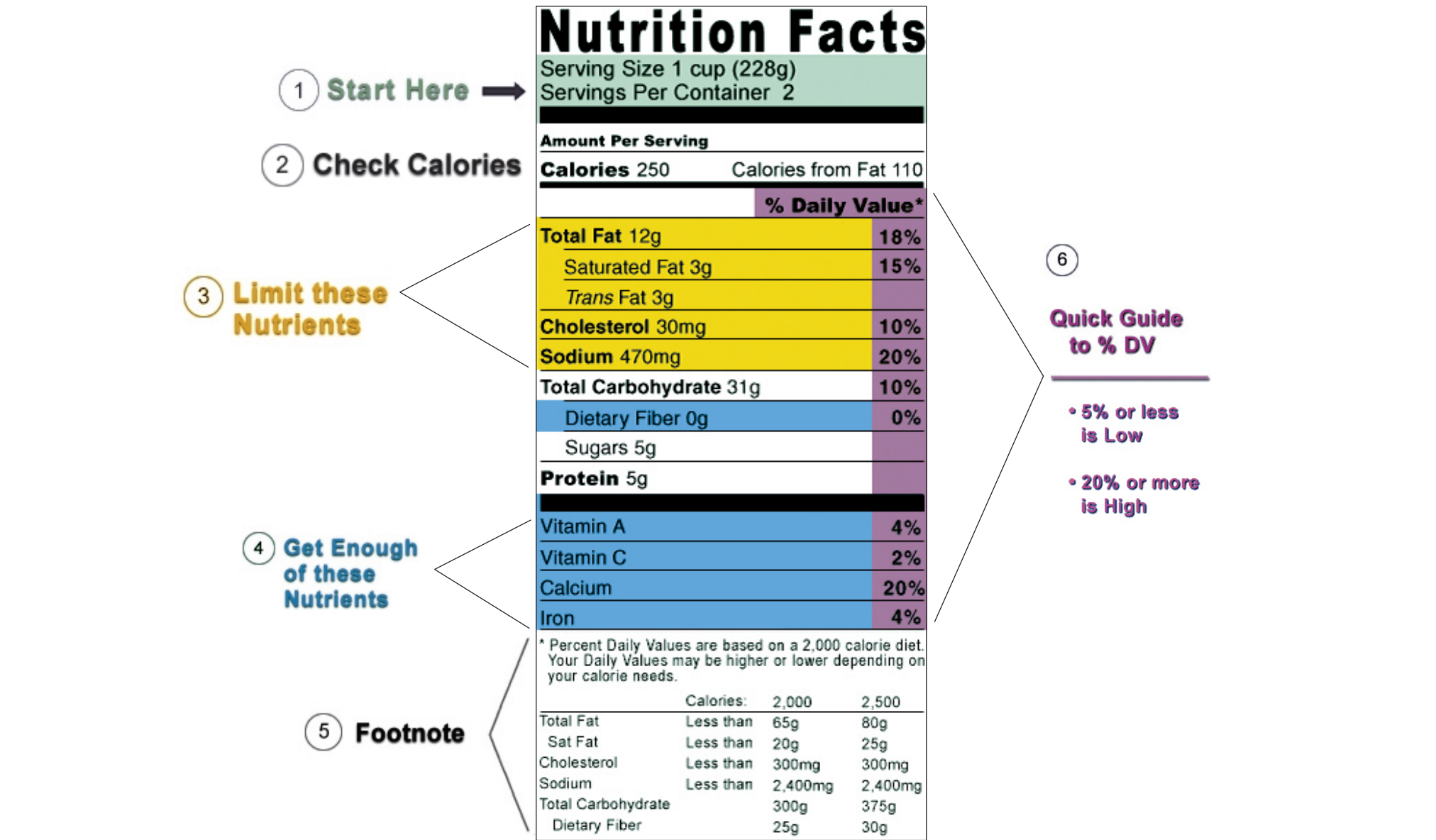
Don’t be fooled by label claims

It would almost seem that you need a Ph.D. to understand the true meaning of such terms like “lite,” “diet” and “fat free” in order to not be misled. How can you ensure you are making the healthy choice?

The following is a list of some of the most commonly used claims defined by the U.S. Food and Drug Administration:

- **Low calorie** – Less than 40 calories per serving.
- **Calorie free** – Less than 5 calories per serving.
- **Low cholesterol** – Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced** – 25 percent less of the specified nutrient or calories than the usual product.
- **Good source of** – Provides at least 10 percent of the daily value of a particular vitamin or nutrient per serving.
- **Fat free/sugar free** – Less than 1/2 gram of fat or sugar per serving.
- **Low sodium** – Less than 140 mg of salt per serving.
- **High in** – Provides 20 percent of more of the daily value of a specified nutrient per serving.
- **High fiber** – 5 or more grams of fiber per serving.
- **Lean (meat, poultry, seafood)** – 10 grams of fat or less, 4 and 1/2 grams of saturated fat, and less than 95 mg cholesterol per 3 ounce serving.
- **Light** – 1/3 fewer calories or 1/2 the fat of the usual food.
- **Healthy** – Decreased fat, saturated fat, sodium, and cholesterol and at least 10 percent of the daily value of vitamins A, C, iron, protein, calcium and fiber.

Sample label for macaroni and cheese



- 1 The Serving Size**
- The first place to start when you review the nutrition facts label is the serving size and the number of servings in the package. Special attention must be paid to this section, or the data on the rest of the label will be misinterpreted.
- Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, such as the number of grams.
- The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label.
- 2 Calories (and Calories from Fat)**
- Although many people attempt to avoid calories, they simply provide a measurement of how much energy you get from a serving of food.
- According to the U.S. Food and Drug Administration, most Americans consume more calories than they need without meeting the recommended number of nutrients for the calories consumed. According to the American Dietetic Association, the following is a general guide for calories consumed per serving, based on a 2,000 calorie diet: 40 is low, 100 is moderate and 400 is high.
- The nutrition label also breaks down the calories that come from fat. The above sample label shows that nearly half of the calories consumed in a serving of macaroni and cheese, come from fat.
- 3 Nutrients: Limit these**
- Although these nutrients are a necessary portion of a daily balanced diet, consuming too many of them can be detrimental to your health.
- If you eat too much fat, saturated fat, trans fat, cholesterol or sodium, you can increase your risk of certain chronic diseases, like heart disease, some cancers or high blood pressure.
- 4 Nutrients: Consume generously**
- Consuming adequate portions of these nutrients can have an important impact toward the improvement of your health and reduce the risk of some diseases and conditions.
- These nutrients include dietary fiber, vitamin A, vitamin C, calcium and iron.
- 5 Label Footnote**
- The asterisk symbol used after the heading “% Daily Value” on the nutrition facts label refers to the footnote in the lower portion of every food label.
- This footnote tells you that %DVs are based on a 2,000 calorie diet.” If the lower portion of the footnote is listed, the values do not change from label to label.
- 6 The Percent Daily Value (%DV)**
- The % Daily Values listed on the nutrition label are only based on a 2,000 calorie diet. Values for a 2,500 calorie diet are not shown.
- This portion of the label provides you with a frame of reference and allows you to monitor your calories consumed even if you do not track the actual number of calories you consume.
- This portion helps you determine if a serving of food is high or low in a nutrient. It also helps you distinguish between marketing product claims such as “reduced fat” vs. “light” or “nonfat.” By comparing the %DV for total fat in each of the food products, you will see which is higher or lower in the nutrient. 5% DV or less is generally considered low and 20% DV or higher is generally considered high.

Quiz yourself

How much do you know about the food you eat? Test your nutrition knowledge and see how many questions you can answer correctly. Choose only one answer. Find answers below.

1. True or False; frozen vegetables have more vitamins than fresh vegetables from the produce department of your grocery store?
2. Which of these fast food menu items would be the healthier choice?
 - a. Pizza Hut’s ham and pineapple pizza
 - b. Subway’s Chicken Bacon Ranch Atkins-Friendly wrap
 - c. KFC’s extra crispy breast plus original recipe thigh
 - d. McDonald’s quarter pounder with cheese
3. Which of these following grains is not a good source or alternative for whole grain foods?
 - a. Brown rice
 - b. Flour tortillas
 - c. Whole wheat pasta
 - d. Graham crackers
4. If you eat 100 more calories a day than you burn,
 - a. you will become healthier and stronger.
 - b. you will be able to ride a bicycle faster.
 - c. you will gain about one pound in a month.
 - d. nothing will change as long as you take vitamins.
5. True or False; the calcium content of low-fat dairy products is equivalent to that of full-fat dairy foods?
6. Doctors recommend minimizing sodium intake to 2.4 grams (2,400 mg) a day to reduce the risk of high blood pressure. But how much salt is that?
 - a. 1/4 teaspoon
 - b. 1/2 teaspoon
 - c. 1 teaspoon
 - d. 1 tablespoon
7. True or False, the best way to lose weight is to reduce the amount of fat in your diet.
8. To maintain a healthy diet, you should keep total daily fat intake to:
 - a. 5 to 10 percent of total calories consumed
 - b. 10 to 20 percent of total calories consumed
 - c. 20 to 35 percent of total calories consumed
 - d. 35 to 50 percent of total calories consumed
9. Which of these is the healthier choice of vegetable oil, containing more monounsaturated fatty acids?
 - a. Sunflower oil
 - b. Coconut oil
 - c. Olive oil
 - d. Vegetable shortening

Answers: 1. True. Frozen vegetables are flash frozen at the peak of and vegetable oils. 9. c. 77%. a. 20% b. 6% d. 44% of polyunsaturated and monounsaturated fatty acids such as fish, nuts or poultry intake. 8. c. These fats should come mostly from sources total calorie intake. 7. False. To lose weight, you want to reduce your 2,500 mg sodium. 6. True. Get 3 servings a day of low-fat intake without losing out on calcium. c. 1 teaspoon of salt is equal to 900-940 mg sodium. 3. b. Flour tortillas 4. c. Balancing food intake 360 cal., 16-18 g pro., 44-64 g carb., 12 g fat, 6 g sat. fat, 2 g fiber, premarinately and latching in produce bins. 2. a. Containing only 340- 9. True. Frozen vegetables are flash frozen at the peak of

Servings at a glance

Take the guesswork out of your choices

The chart below defines healthy serving sizes according to Prevention Magazine’s “Quick and Healthy Eating Guide”.

- **Grains and starches:** 1 slice of bread; 1 oz. of ready-to-eat cereal; 1/2 cup of cooked cereal, rice or pasta; 1 medium sweet or regular potato.
- **Fruit:** 1 medium apple, banana, or orange; 1/2 cup of cooked, canned or chopped fruit; 1/2 cup of berries; 3/4 cup of fruit juice; 1/4 cup of dried fruit.
- **Vegetables:** 1 cup of raw leafy greens; 1/2 cup of cooked or raw chopped vegetables; 3/4 cup vegetable juice; 7 or 8 carrot sticks.
- **Protein:** 3 oz. (deck of cards size) cooked lean meat, fish, poultry or tofu; 1 egg; 1/2 cup of cooked dry beans.
- **Dairy:** 1 cup of milk or yogurt; 1 and 1/2 oz. cheese.
- **Fats:** 1 tablespoon of oil or butter; 2 table-spoons of sunflower or pumpkin seeds; 4 to 6 walnuts; 1 tablespoon of nut butter; 3 to 4 table-spoons of hummus; 1/4 avocado.
- **Water:** 8 oz.

Black History Month

Stuttgart celebrations feature food, fashion, but focus on efforts of area students



Sgt. First Class Jacqueline Galloway gave the opening remarks during Stuttgart's annual Black History Month luncheon Feb. 24. Observed nationwide in February, the theme this year was "Celebrating Community."



Melanie Casey

[Above] During Patch Elementary School's Black History Month Assembly, a student interviews another student in a Feb. 28 "Black Inventors' Conference" skit. The assembly was held Feb. 28 in the PHS Forum.

[Right] Caroline Aigbe of the USAG Stuttgart Inspector General's office models African fashion Feb. 24 in the Patch Community Club.



Story and photos by Brandon Beach

Cultural icons including Dr. Martin Luther King, Jr. and Nobel-prize winning author Toni Morrison were honored by members of the Stuttgart military community during U.S. Army Garrison Stuttgart's Black History Month Luncheon held Feb. 24 in the Patch Community Club.

Observed nationwide in February, Black History Month offers a chance to pause, recognize and celebrate the invaluable contributions of African-Americans who have shaped the many facets of American life from politics to science to the arts.

"Black History is not just a black theme, it's an 'our' theme," said April Adkins, before singing "Stand" and "I Believe I Can Fly."

Hosted by the USAG Stuttgart Directorate of Human Support Services, the annual luncheon featured rousing gospel music, a Nigerian fashion show and a variety of student performances.

"We wanted to get the youth involved as much as possible," said Management Support Specialist Sharie Mihalopoulos, who served as the event's project officer along with Sgt. First Class Jacqueline Galloway.

Students from both Patch High School and Robinson Barracks Elementary School took part in an essay contest and contributed insightful and sometimes surprising thoughts about how African-Americans contribute to both the global and local communities.

The essays were compiled in two booklets which were available during the luncheon.

"We had 70 high school students and 20 from the elementary school participate," said Child and Youth Services Schools Liaison Officer Joyce Kennedy. "We could not have asked for a better turnout."

Fifth-grader Tommy Cashman reminded the audience that had not Garrett Morgan, a prolific African-American inventor in the early 1900s, devised the first three-way traffic light, then we would have far more motor vehicle accidents than we do today.

Trumpet-player Louis Armstrong not only pioneered the early sound of jazz Be Bop, as Brian Shouse wrote in his essay, but also fought against racism prevalent in the 1940s.

Young writer Nicole Perrault noted the contributions of black American surgeon Dr. Charles Drew, who developed a way to store blood plasma and later established the first American Red Cross blood bank.

Julie Johnson and Daniel Kennedy, students in PHS's drama program, performed a skit chronicling the fatal and mysterious night that Drew overturned his car in 1950 and later died in a segregated hospital in North Carolina. Some speculate that he was refused treatment.

And Dr. Lonnie Johnson, a nuclear engineer at NASA, might not be a household name to most, but to Kelsey Groth, he revolutionized summertime water fights by inventing the popular "Supersoaker" in 1988.

Along with Groth, RBES student Garrett George and PHS freshman Zach Rideout took top honors in the contest and were invited to read their essays during the two-hour event.

"The most important thing is that they helped

The 90 students who took part in an essay contest contributed insightful thoughts about how African-American men and women contribute to both the global and local communities.

other people," wrote George of African-American inventors. "They didn't just think of themselves, they wanted to help - even the ones that mistreated them."

In his essay, Rideout recognized not only the incredible courage of King against oppression in the 1960s but the self-sacrifice that Mary Roeper, his English and Humanities teacher, makes every day in the classroom.

"They [students] too have the power to persuade through their words," said Roeper. "They have a keen insight that should be given the chance to be heard."

Dennis Davis, a coach and teacher at St. John's International School in Waterloo, Belgium, was the event's keynote speaker.

Growing up in Winter Haven, Fl. in the 1960s, Davis recalled moments where he encountered racism. As a prolific athlete, and the fact that he grew some five inches in high school, Davis turned to basketball to overcome the hardships he felt as a black child in the South.

Davis came to Europe in 1977 after an unsuccessful tryout with the NBA's Atlanta Hawks. He played in the Belgian first division league for eight seasons, later returning to the States to earn a teaching credential. He has been teaching for the last 28 years.

"The world is much smaller than it was in the past," Davis said. "It's our obligation to make our youth better citizens. We have to get involved with them and show them we care."

Black History assembly

The first annual Patch Elementary School Black History Month Assembly was held Feb. 28 in the Patch High School Forum.

The theme of the event was "Celebrating Community: A Tribute to Black Fraternal, Social and Civic Institutions." And the entire PES student body - along with teachers, staff and several parents - were on hand to celebrate black history through readings, songs and skits.

The event began with a choral reading of Martin Luther King, Jr.'s "I Have a Dream" speech performed by Janice Templeton's fifth grade class, which was followed by the song "Rise Up," performed by PES kindergartners.

Next was a performance entitled "What If," which asked the audience to wonder what everyday life would be like without the contributions and inventions of African Americans. This was followed by a "Black Inventor's Conference," in which a student from Ms. Keck's first grade class "interviewed" famous black inventors.

Students from Templeton's class also performed a skit featuring Harriet Tubman and the Underground Railroad, followed by the song "Love in any Language."

- Additional reporting by Melanie Casey

'One of the most natural things in the world' *Class clarifies misconceptions about breastfeeding*

By Melanie Casey

It should be one of the most natural things in the world. But for many moms – especially new moms – breastfeeding can be a confusing and downright challenging endeavor.

But Lara Mulvaney is here to help.

Mulvaney, a certified La Leche League leader, is offering a Breastfeeding Basics class March 21, 10 to 11 a.m., in the Stuttgart Wellness Center conference room.

The class is for both expectant moms and dads, Mulvaney said, and will address topics such as why it's important to breastfeed your baby, how to get a good start with the process, what is normal and when to ask for help.

There will not be a peer support group Mulvaney said, but will be geared toward providing information in a class environment.

Breastfeeding benefits

Breastfeeding in the United States is on the rise. In 2001, 65 percent of new moms nursed their babies at birth, but only 27 percent continued for six months, according to the Centers for Disease Control.

By 2003, the numbers had risen to 71 percent at birth and 36 percent at six months.

The CDC goal is for half of all new moms to be breastfeeding at six months by 2010.

According to the new mother bible, *What to Expect The First Year*, breast milk contains more than 100 ingredients not found in cow's milk (or formula) and is custom made for your baby. It goes down easier, is safer, and helps keep your baby healthier longer by providing antibodies not found in formula.

It's also convenient, always the right temperature and free.

But nursing is not just good for babies – it's also good

The class is for expectant moms and dads. It will address topics such as why it's important to breastfeed your baby, how to get a good start with the process, what is normal and when to ask for help.

for their moms. Women who breastfeed return to their pre-pregnant bodies quicker because the uterus shrinks back to its original size faster.

Nursing women burn more than 500 extra calories a day, which may hasten the loss of those extra pregnancy pounds. Women who breastfeed also have a lower risk of developing some cancers and osteoporosis.

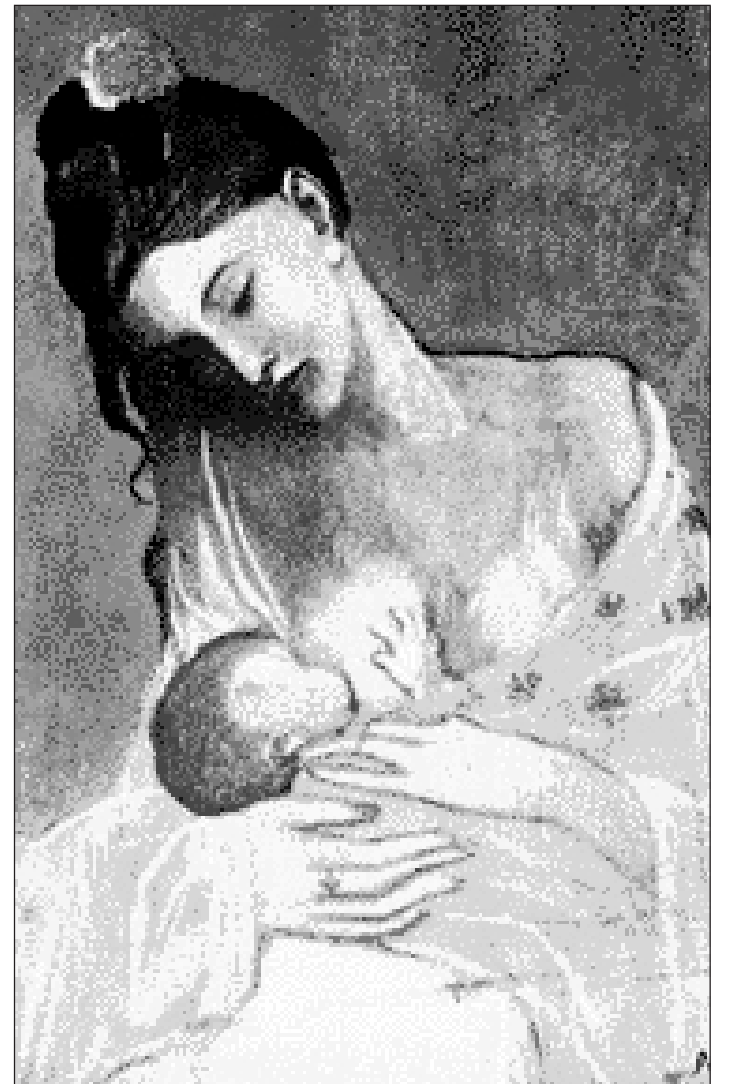
Overcoming challenges

Breastfeeding can be a challenge. Tami Gale, who gave birth to her first child last June, said that learning to breastfeed was one of the most difficult experiences of her life.

Even though she faced enormous challenges, however, Gale said she was determined to stick with it because of all the benefits. She consulted with nurses at the hospital, read books, found helpful Web sites and consulted the local La Leche League. She also hired a midwife.

Had there been a class such as the one Mulvaney is offering, Gale may have been spared some of the difficulties she faced with her breastfeeding experience.

For more information or to sign up for the March 21 class, contact Mulvaney at 07031-733-616 or call Army Community Service at 430-7176/civ. 0711-680-7176.



As depicted in Pablo Picasso's "Mother and Child," breastfeeding is a natural process that has historically been a positive experience for both mothers and their infants.



Caregivers Needed

Stuttgart's Family Child Care Program needs care providers – especially on Patch and Panzer.

Be your own boss
Work in your own home
Free training

Great income opportunity
Flexible care options
Monthly support meetings

For more about how you can become an FCC provider visit the FCC office on Patch Barracks (Building 2347) or call 430-4047/civ. 0711-680-4047.

Moving toward middle schools

Officials express enthusiasm for academic enhancements, plan monthly meetings to keep community informed of progress

U.S. Army Garrison Stuttgart Public Affairs Office

As progress continues on the effort to add middle schools to the educational landscape in Stuttgart, officials with U.S. Army Garrison Stuttgart and the Department of Defense Dependents Schools are taking steps to ensure that community members are not only receiving accurate and timely information on the project, but also that they have a venue to voice their concerns and have their questions answered.

"I'm adamant about making sure that our community members are in the know," said Duane Werner, the assistant principal at Patch High School who is coordinating Stuttgart's middle school initiative.

"Community input is essential," Werner said. "We want to make sure we utilize the expertise we have here in Stuttgart to make this effort a success."

To that end, a series of public meetings will be held to highlight progress, discuss challenges and put rumors to rest. The first of these middle school information sessions will be March 28, 6 p.m., in the Patch Barracks Community Club. Additional meetings will follow on a monthly basis.

(For more about the information sessions, see the box in the lower right corner of this page.)

Why middle schools?

Beginning with the 2007-2008 academic year, Robinson Barracks Elementary School and Böblingen Elementary School (which is located on Panzer Kaserne) will each house a "school within a school" comprised of sixth, seventh and eighth graders.

Patch High School will become a more traditional high school, serving students in ninth to 12th grade, while Patch, RB and Böblingen Elementary schools will serve students in kindergarten through fifth grade.

Creating the middle schools, Werner said, will allow area educators to develop "a rigorous and challenging curriculum [and] meaningful and engaging instructional strategies" designed to meet the specific needs of students in grades 6, 7 and 8.

"Middle school students have different needs," Werner said, noting that in addition to core academic subjects, the new middle-school curriculum will also include a focus on academic-support issues and life skills – such as team-building, problem solving and seeing projects through to completion.

The goal, he said, is to develop students who are not only academically successful, but are also prepared for the challenges of life after high school.

In a March 6 letter to parents of Stuttgart students, DoDDS Bavaria District Assistant Superintendent Maryellen Riley wrote that the middle school initiative will result in an "exemplary and optimal learning environment ... [and] will provide increased learning opportunities for all students."

Enhancing education

With DoDDS requiring a minimum grade point average of 2.0 for graduation beginning with the Class of 2007, Werner said now is the optimal time to ensure that the middle school students have the most supportive environment in which to build a solid educational foundation.

At the core of the middle school concept is a team-teaching philosophy that, he said, emphasizes crossing curricular boundaries and encourages teachers to adopt innovative strategies to reach all students.

"Middle-school students are at a unique period in their lives, and we're going to be able to meet their total needs [with the middle school concept]," he said. "We need to make sure that they are able and ready to become successful and productive members of our society."

Accomplishing this, he said, requires a collaborative approach that involves teachers from across the curriculum, school support staff and the students' parents.

Zone 3

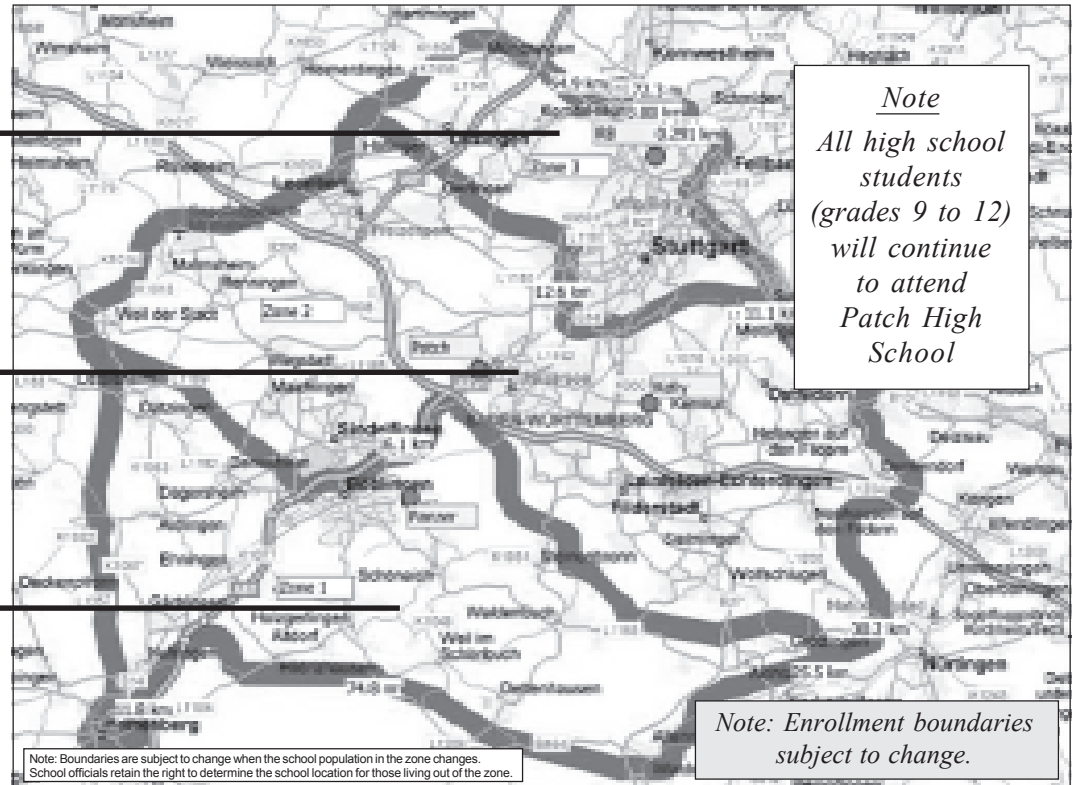
- Elementary students to Robinson Barracks Elementary School
- Middle school students to Robinson Barracks Middle School

Zone 2

- Elementary students to Patch Elementary School
- Middle school students to Robinson Barracks Middle School

Zone 1

- Elementary students to Böblingen Elementary School
- Middle school students to Böblingen Middle School



Note
All high school students (grades 9 to 12) will continue to attend Patch High School

Note: Enrollment boundaries subject to change.

map courtesy Patch High School

Who goes where?

- For the 2007-08 academic year, elementary and middle school students in Stuttgart will attend school on Patch Barracks, Panzer Kaserne or Robinson Barracks according to the attendance zone map shown above.

- According to Maryellen Riley, assistant superintendent for DoDDS Bavaria District, parents who desire an exception to the attendance zone policy may file a request form (which is available at all schools) after they have enrolled their child in the school indicated on the map.

New structure for Stuttgart schools

The Department of Defense Dependents School system in Stuttgart will be organized in the following manner starting with the 2006/2007 school year:

Robinson Barracks

- Elementary school (grades K to 5)
- Middle school (grades 6 to 8)

Panzer Kaserne

- Elementary school (grades K to 5)
- Middle school (grades 6 to 8)

Patch Barracks

- Elementary school (grades K to 5)
- High school (grades 9 to 12).

Middle school students on Panzer Kaserne and Robinson Barracks will be taught in consolidated sections within the installations' existing elementary schools.

"From Day 1, our middle school teachers will be working together to develop plans and strategies," Werner said. For example, he said, a teacher who is having a problem with a student will be encouraged to brainstorm with other teachers to find out what they are doing to help the student succeed.

And if problems persist, parents won't have to wait for conference day – or report card day – to find out. "If there's a problem, we'll be able to identify it early and bring the parents in to work with our team to find a solution," he said.

Extended benefits

Though the primary beneficiaries of the middle school initiative are the sixth-, seventh- and eighth-graders, Werner said he is confident that they won't be the only ones to experience positive results from the program.

For example, he said, Patch High School students will enjoy more space in their school once the seventh- and eighth-graders move to the middle schools – and they will have the full attention of teachers who no longer have to divide their time and attention between the older and younger students.

"It's going to benefit all our students," he said.

This is the latest in a series of articles addressing Stuttgart's transition to middle schools.

Previous information appeared in the following editions of The Citizen (all of which can be accessed online): Aug. 2, 2005; Oct. 25, 2005; Nov. 22, 2005 and Jan 17, 2006.

For more about middle schools in Stuttgart e-mail duane.werner@eu.dodea.edu.

SCHOOL NEWS

Middle school meeting on Patch

The first of a planned monthly series of middle school information sessions will be held March 28, 6 p.m., in the Patch Barracks Community Club.

Experts from U.S. Army Garrison Stuttgart and the Department of Defense Dependents Schools will be available to provide updates and answer questions related to the community's transition to middle schools.

For more information call USAG Stuttgart School Liaison Officer Joyce Kennedy at 430-7465/civ. 0711-680-7465 or e-mail joyce.m.kennedy@us.army.mil.

RB registration April 3 to 6

All students who will attend Robinson Barracks Elementary Middle School (kindergarten through eighth grade) next year must register April 3 to 6.

Registration will be conducted between 8:30 a.m. and 3 p.m. each day according to the following schedule:

- April 3 – Last names beginning with A through F
- April 4 – Last names G to L
- April 5 – Last names M to S
- April 6 – Last names T to Z

For more information call Linda Smith, the school registrar, at 420-7363/civ. 0711-819-7363 or e-mail linda.smith3@eu.dodea.edu.

Read Across America Day Stuttgart students celebrate Seuss, dress for literary success

By Hugh C. McBride

Stuttgart was a very "Seussical" place to be March 2 and 3, as elementary students on Patch Barracks, Panzer Kaserne and Robinson Barracks celebrated Read Across America Day and the anniversary of the birth of legendary children's author Theodore "Dr. Seuss" Geisel.

On Patch, U.S. Army Garrison Stuttgart Commander Col. Kenneth Juergens and his wife, Gabi, served as "guest readers," visiting five classrooms to share their storytelling skills with students in kindergarten through sixth grade.

"The students loved it," said Joyce Kennedy, USAG Stuttgart school liaison officer. "They felt very special to have the garrison commander read to them. One student even asked him for his autograph."

Across town, a famous feline with a distinctively striped chapeau ended a literary-focused day by leading a parade of students — many of whom were dressed as their favorite character — through the halls of RB Elementary School.

The parade and ensuing cookie-fest marked the culmination of a day that also included a read-a-thon and a variety of guest readers.

For a look at how Garmisch celebrated Read Across America Day see the March 28 edition of The Citizen.



photos by Antonio Brunetti

Robinson Barracks Elementary School was awash in literacy March 2, as students, teachers and even school principal Dr. Shirley Sheck (right) showed their reading-inspired colors.

RB Elementary joined U.S. schools around the world in celebrating the anniversary of the birth of Theodore "Dr. Seuss" Geisel and annual "Read Across America" Day.



The Patch High School Drama Department Proudly Presents *Shakespeare Alive!*

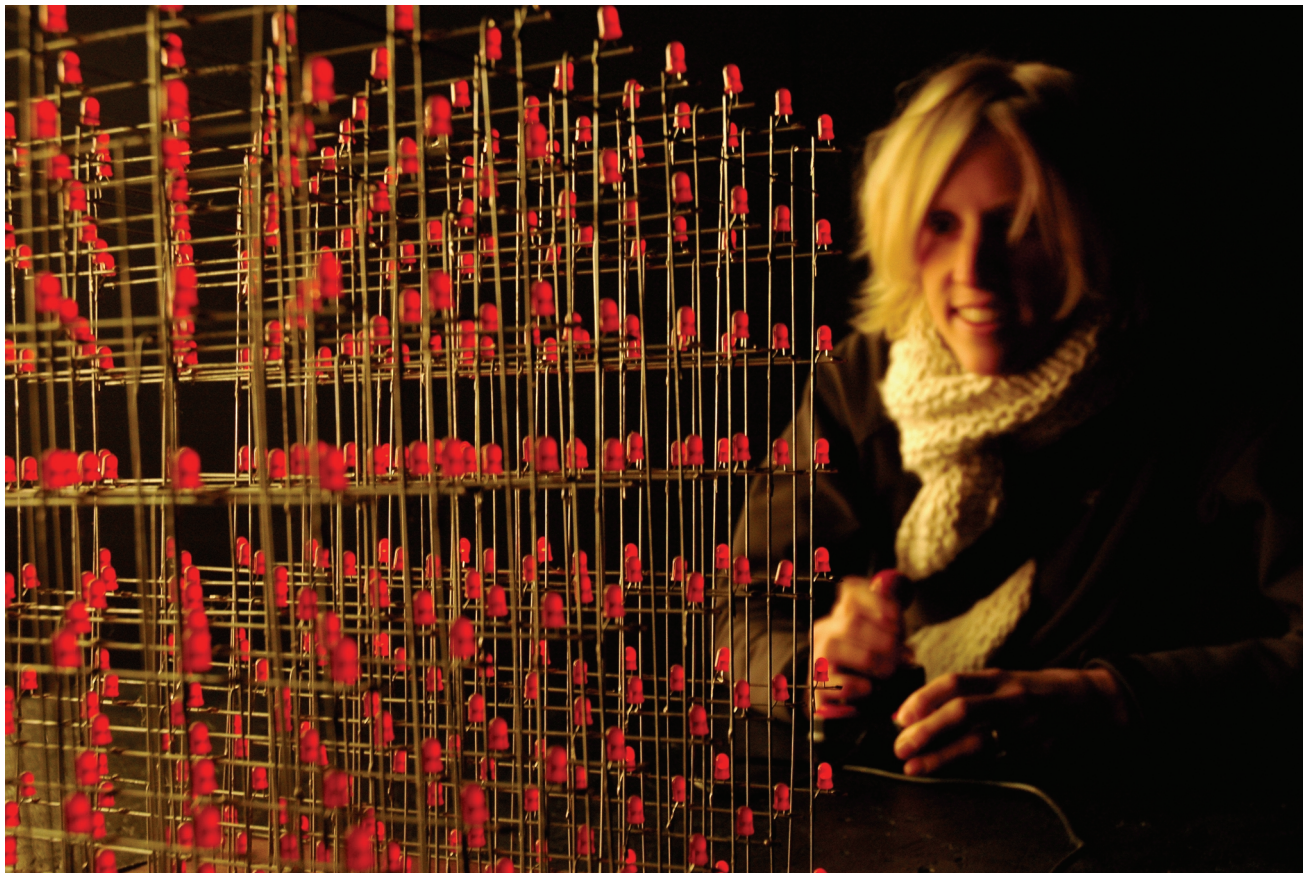
March 17 & 18 – 7 p.m. – PHS Forum

Tickets:
Adults – \$8 / Students – \$6
Children under 5 – Free



For more information call
DSN 430-8582
CJTV 0711-680-8582

Experience The Bard like you've never seen him before!



The original 1972 arcade game Pong becomes a three-dimensional game of lights in the Kunstgebäude am Schlossplatz.

Museum exhibit transforms classic Atari game, Pong

Story & photos by Brandon Beach

Before Grand Theft Auto or even Ms. Pacman, there was Pong.

Developed by Atari way back in the day (1972), Pong is considered the kick-off to the video game boom seen today.

The game could not be more simple: Avoid missing the ball for high score.

In this historical context, the *Württembergischer Kunstverein Stuttgart* hosts the exhibit, *pong.mythos*, and traces the rise of Atari's digital breakthrough into a pop-culture icon.

How it all began

Pong was not the first video game to hit the market. That feat belongs to Ralph Baer's Odyssey Magnavox.

A German inventor, Baer is credited with developing the first interactive playing field out of the domestic television set in 1968.

Sold by Sears for \$75, the Odyssey console hit the market in 1972. Games were accessed by plug-in circuit cards. But the Odyssey didn't make near the splash that Atari did that year.

Developed by Nolan Bushnell, Pong was the breakout game for the industry.

Vastly unknown to most of today's youth, with their Nintendo DSs and Xbox 360s, Atari ruled the video game market until the early 1980s, with arcade classics like Asteroids, Missile Command and Centipede.

Pong mutations

The museum gathers together the works of international media artists who put their spin on the original black and white tennis game.

One such Pong mutation is the *Painstation*, developed by German inventors Tilmar Reiff and Voller Morawe in 2001.

Painstation asks the simple ques-

tion: How much pain is victory really worth? There's also a disclaimer in large print that reads, "Playing occurs at own risk. Neither the artist nor the organizer are liable for damages."

With this in mind, the player holds a rotary dial with his or her right hand to move the paddle up and down the screen, while the left hand rests atop a metal sensorfield. Losing literally means getting punished either by heat, electric shock or a rubber whip.

"Oh my God, it really electrocutes you," shrieked one brave soul after losing her match. But undaunted, she added, "let's play it again."

In one corner of the museum, two stationary bikes stand idle before a television set.

Called *Power Pong*, the game asks players to use their own pedaling power to supply the console with electricity.

One pedal stroke turns on the game, and the paddles are controlled by rotating the bike's handlebars. Pedaling faster raises the ball's speed and makes it more difficult for the opponent to return the ball.

Other variations include *Minipong*, *Camping Pong*, *Mixed Reality Pong*, *Sonic Pong* and many others. All the exhibit pieces are interactive and most are risk free.

How to get there

The museum is located on Schlossplatz 2, next to the Neues Schloss. Opening hours are Tuesdays to Fridays, 11 a.m. to 6 p.m. Additional evening hours are Wednesdays until 8 p.m. Cost is five euro.

Guides are available in both German and English, and unlike most museums, the entire collection is a hands-on experience. The interactive exhibit is open until April 30.

For more information call 0711-220-2711 or visit www.pong-mythos.net.



[Top] A player risks life and limb at the Painstation. [Bottom] The original game of Pong stands less intimidating.

OUT & ABOUT

Afternoon of classical music

The Stuttgarter Kammerorchester, under the direction of Christoph Wyneken, performs an afternoon of classical music with pieces from Telemann, Mozart and Tchaikowsky **March 23, 4 p.m.**, in the Gustav-Siegle-Haus. Tickets cost 8 euro and may be purchased either at the door or by calling 0711-63-5321.

The venue is located on Leonhardsplatz 28.

Chinese Circus in Stuttgart

Acrobatics defy gravity as they take center stage along with the entire Chinese National Circus as they perform, "Mulan," **March 16, 8 p.m.**, in Stuttgart's Theaterhaus.

Tickets range from 30 to 35 euro and can be purchased by visiting www.theaterhaus.com.

The venue is located in the Pragsattel district and may be reached by U-Bahn 5/6/13/15 Pragsattel stop.

Staind rocks LKA/Longhorn

Following the huge success of their 2004 album, "14 Shades of Grey," Massachusetts-based rockers, Staind, are back on tour with their new album, "Chapter V." The multi-platinum group (think Godsmack meets Tool) makes a stop in Stuttgart **March 20, 8 p.m.**, in the LKA Longhorn. For tickets visit www.music.circus.de or call 0711-22-1105.

Voted one of the best rock clubs in Germany by "Vision" magazine, Longhorn is located at Heiligenwiesen 6 in the Wangen district.

Bundesliga in Stuttgart

Catch live Bundesliga action when VfB Stuttgart takes the field against Bayer Leverkusen **March 25, 3:30 p.m.**, in Bad Cannstatt's Gottlieb-Daimler Stadium (S-Bahn Neckarstadion).

For tickets, visit the VfB shop on Königstraße 23-25 or the stadium's ticket box on game day.

Designer Messe in Liederhalle

Stuttgart's Liederhalle hosts "Blickfang 06," an exhibit featuring new designs in furniture, fashion, jewelry and more **March 17 and 18, 2 to 10 p.m.** and **March 19, 11 a.m. to 7 p.m.** Tickets cost 10 euro.

The hall is located at Berlinerplatz 1-3 (U-Bahn 4 or 9 Berliner Platz stop).

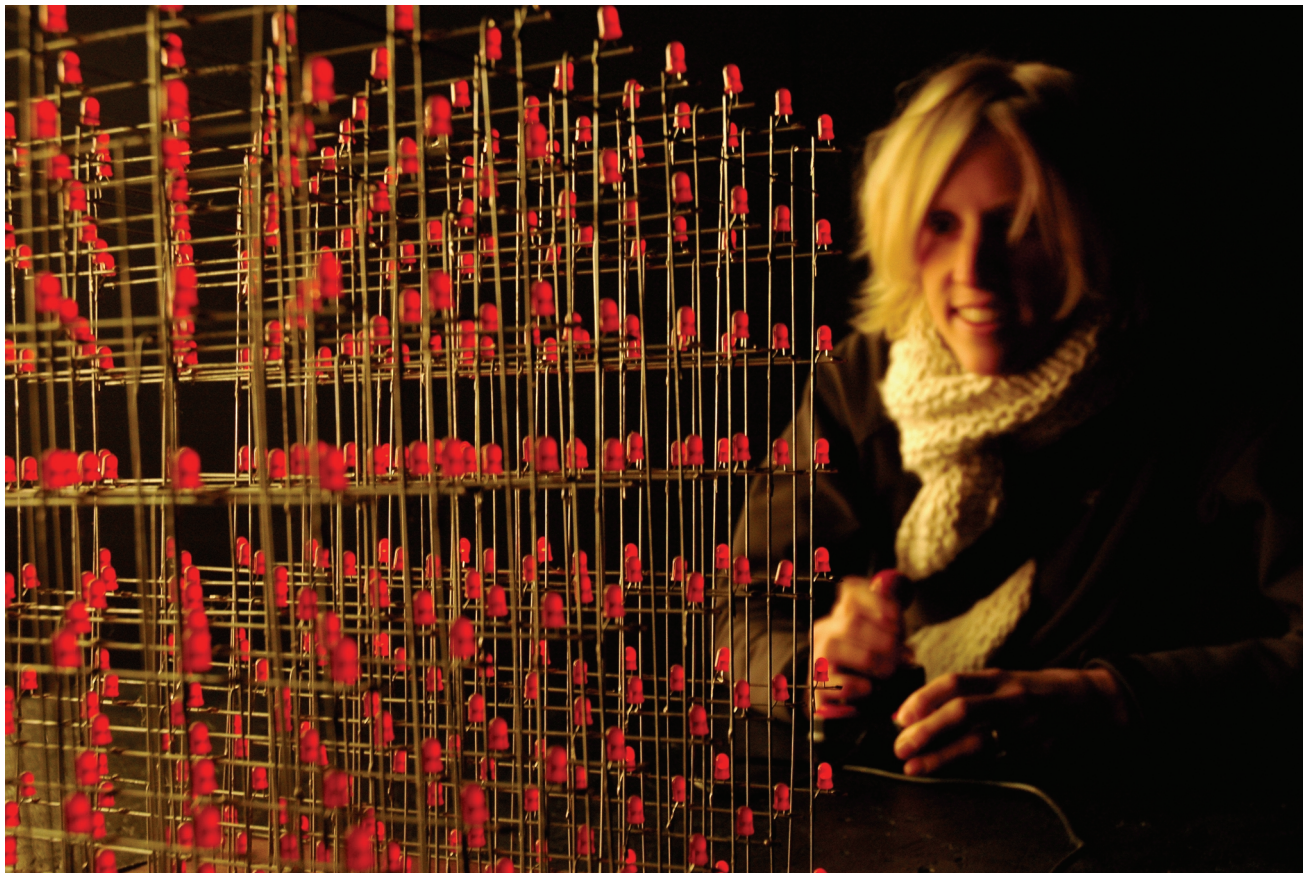
Lange Nacht der Museen

Stuttgart opens up its cultural treasures during Lange Nacht der Museen **March 18, 7 p.m. to 2 a.m.**

The annual bus romp through more than 80 cultural venues, including museums, art galleries, movie houses and theaters, is a chance to experience a sampling of Stuttgart's many cultural attractions.

Tickets cost 12 euro and may be purchased at the Tourist Information Shop located on Königstraße near the Hauptbahnhof.





The original 1972 arcade game Pong becomes a three-dimensional game of lights in the Kunstgebäude am Schlossplatz.

Museum exhibit transforms classic Atari game, Pong

Story & photos by Brandon Beach

Before Grand Theft Auto or even Ms. Pacman, there was Pong.

Developed by Atari way back in the day (1972), Pong is considered the kick-off to the video game boom seen today.

The game could not be more simple: Avoid missing the ball for high score.

In this historical context, the *Württembergischer Kunstverein Stuttgart* hosts the exhibit, *pong.mythos*, and traces the rise of Atari's digital breakthrough into a pop-culture icon.

How it all began

Pong was not the first video game to hit the market. That feat belongs to Ralph Baer's Odyssey Magnavox.

A German inventor, Baer is credited with developing the first interactive playing field out of the domestic television set in 1968.

Sold by Sears for \$75, the Odyssey console hit the market in 1972. Games were accessed by plug-in circuit cards. But the Odyssey didn't make near the splash that Atari did that year.

Developed by Nolan Bushnell, Pong was the breakout game for the industry.

Vastly unknown to most of today's youth, with their Nintendo DSs and Xbox 360s, Atari ruled the video game market until the early 1980s, with arcade classics like Asteroids, Missile Command and Centipede.

Pong mutations

The museum gathers together the works of international media artists who put their spin on the original black and white tennis game.

One such Pong mutation is the *Painstation*, developed by German inventors Tilmar Reiff and Voller Morawe in 2001.

Painstation asks the simple ques-

tion: How much pain is victory really worth? There's also a disclaimer in large print that reads, "Playing occurs at own risk. Neither the artist nor the organizer are liable for damages."

With this in mind, the player holds a rotary dial with his or her right hand to move the paddle up and down the screen, while the left hand rests atop a metal sensorfield. Losing literally means getting punished either by heat, electric shock or a rubber whip.

"Oh my God, it really electrocutes you," shrieked one brave soul after losing her match. But undaunted, she added, "let's play it again."

In one corner of the museum, two stationary bikes stand idle before a television set.

Called *Power Pong*, the game asks players to use their own pedaling power to supply the console with electricity.

One pedal stroke turns on the game, and the paddles are controlled by rotating the bike's handlebars. Pedaling faster raises the ball's speed and makes it more difficult for the opponent to return the ball.

Other variations include *Minipong*, *Camping Pong*, *Mixed Reality Pong*, *Sonic Pong* and many others. All the exhibit pieces are interactive and most are risk free.

How to get there

The museum is located on Schlossplatz 2, next to the Neues Schloss. Opening hours are Tuesdays to Fridays, 11 a.m. to 6 p.m. Additional evening hours are Wednesdays until 8 p.m. Cost is five euro.

Guides are available in both German and English, and unlike most museums, the entire collection is a hands-on experience. The interactive exhibit is open until April 30.

For more information call 0711-220-2711 or visit www.pong-mythos.net.



[Top] A player risks life and limb at the *Painstation*. [Bottom] The original game of Pong stands less intimidating.

OUT & ABOUT

Afternoon of classical music

The Stuttgarter Kammerorchester, under the direction of Christoph Wyneken, performs an afternoon of classical music with pieces from Telemann, Mozart and Tchaikowsky **March 23, 4 p.m.**, in the Gustav-Siegle-Haus. Tickets cost 8 euro and may be purchased either at the door or by calling 0711-63-5321.

The venue is located on Leonhardsplatz 28.

Chinese Circus in Stuttgart

Acrobatics defy gravity as they take center stage along with the entire Chinese National Circus as they perform, "Mulan," **March 16, 8 p.m.**, in Stuttgart's Theaterhaus.

Tickets range from 30 to 35 euro and can be purchased by visiting www.theaterhaus.com.

The venue is located in the Pragsattel district and may be reached by U-Bahn 5/6/13/15 Pragsattel stop.

Staind rocks LKA/Longhorn

Following the huge success of their 2004 album, "14 Shades of Grey," Massachusetts-based rockers, Staind, are back on tour with their new album, "Chapter V." The multi-platinum group (think Godsmack meets Tool) makes a stop in Stuttgart **March 20, 8 p.m.**, in the LKA Longhorn. For tickets visit www.music.circus.de or call 0711-22-1105.

Voted one of the best rock clubs in Germany by "Vision" magazine, Longhorn is located at Heiligenwiesen 6 in the Wangen district.

Bundesliga in Stuttgart

Catch live Bundesliga action when VfB Stuttgart takes the field against Bayer Leverkusen **March 25, 3:30 p.m.**, in Bad Cannstatt's Gottlieb-Daimler Stadium (S-Bahn Neckarstadion).

For tickets, visit the VfB shop on Königstraße 23-25 or the stadium's ticket box on game day.

Designer Messe in Liederhalle

Stuttgart's Liederhalle hosts "Blickfang 06," an exhibit featuring new designs in furniture, fashion, jewelry and more **March 17 and 18, 2 to 10 p.m.** and **March 19, 11 a.m. to 7 p.m.** Tickets cost 10 euro.

The hall is located at Berlinerplatz 1-3 (U-Bahn 4 or 9 Berliner Platz stop).

Lange Nacht der Museen

Stuttgart opens up its cultural treasures during Lange Nacht der Museen **March 18, 7 p.m. to 2 a.m.**

The annual bus romp through more than 80 cultural venues, including museums, art galleries, movie houses and theaters, is a chance to experience a sampling of Stuttgart's many cultural attractions.

Tickets cost 12 euro and may be purchased at the Tourist Information Shop located on Königstraße near the Hauptbahnhof.



Stuttgart Golf Course

2006 GOLF SEASON MEMBERSHIP DRIVE

Take a swing over to the Swabian Special Events Center and sign up for your 2006 Golf membership!

**FREE
DOOR
PRIZES!**



March 17, 2006 4:30-6:00pm

Swabian Special Events Center
Patch Barracks, Bldg 2505



free food & beverages



free door prizes

including a **\$300 gift certificate**
towards your 2006 membership
(Winners must be present for the 6 p.m. drawing)



For more information or to ask for directions, contact Stuttgart Golf Course 07141-879-151